## Written for THE EVENING STAR. SAUNTERINGS IN MEXICO.

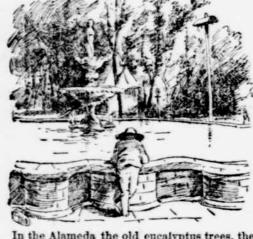
THE PEOPLE OF A SISTER REPUBLIC.

The Beautiful Public Parks of the City of Mexico---Peons and Their Customs.



F the many places of interest in the city of Mexico the parks are especially attractive to the stranger, because of the many unusual things to be seen there. The largest public park is the famous "Alameda," It is a real pleasure ground for the people, of the people and enjoyed by the people. One does not find policemen

standing forbiddingly among signs to "keep off the grass," as in our so-called pleasure grounds at home. Instead we find, as in the Champs Elysées of Paris, a park for real comfort and enjoyment-a park where music and fresh air and cocl shade tempt every wayfarer, from the pleasure-seeking traveler to the weary peon, who, with burden beside him, sits as contentedly on his stone bench as does the general. officer or legislator on the other end. And it need not necessarily be upon the other end either, for, while the condition of the peon of the large country estates is really like that of our former slaves, yet in the cities there reigns a democracy much like that of the early days of the French republic, and peop and gentleman may rub coat sleeves in any public place.

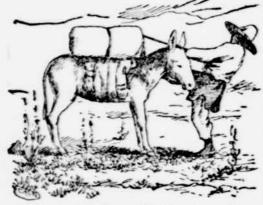


In the Alameda the old eucalyptus trees, the ountains, the deer park. the aviary and the handsome iron building of the Mexican lottery company, combine to make a very charming oasis amid the low stone buildings of the city. Nurse maids and children predominate. The The latter in laughing, romping crowds may be seen in the very early morning riding the donkeys and tricycles and the wooden bulls and horses of the merry-go-rounds. Music of some sort always form a lively accompaniment to the

PLAZAS AND BANDS.

Besides the Alameda there are numerous other plazas, the largest of which is the Tocolo. a pretty spot between the market and the great cathedral. In this crowds of peons and good military music may be found every pleasant afternoon. It may be remarked that nearly every town in Mexico of considerable size has its plaza and band, and Mexican bands are usually good, too. It will be remembered that the "Mexican band" proper-that is, the official band of the capital-was voted at the Paris exposition the finest military band in the world. THE PEONS.

Speaking of the peon, I think to most travellers in Mexico one of the most astonishing things must be the apparent difference between | the Spanish tongue. If you have ever studied accounts read of his laziness and shiftlessness it at college get out your books and polish your and what one really sees of him in the city or country. I should say, from several months observation of them, that the average peon far exceeds our best negro workers of the south in industry and energy. On the streets you much oftener see them on a brisk walk, or, as in the case of the cargadores, even on a trot, than at the slouching gait of most of our southern colored laborers. The peon is more ignorant than the latter, due to his isolation from higher Book," published in Mexico, are a good combithan the latter, due to his isolation from higher civilization, but I would unhesitatingly say that his natural intelligence is greater. He works for smaller wages than the negro, getting on an average about 18c, a day in the country. He is frugal-as a rule a little fonder of his pulque or tequila than the negro is of his whisky, but also, as a rule, faithful and good-natured.



before daylight driving their burros or carrying on their own backs burdens into a market town twenty or thirty miles away. The load they carry and distances they frequently make with them are almost incredible. I have known one peon to carry on his back by means of the peculiar pack of the country eighty good-sized water jars a distance of fifteen miles in a morning. In the city one is struck by their alert, polite ways. They are very susceptible to kindness and equally quick to resent severity of language from a stranger. Outside of the cities I have found them noticeably honest; and even in the cities they would rank far above the Mexican (I observe the distinction made by Mr. Bishop, I think, of calling "Mexican" the mixed blood of the Spanish and native, and applying the term "Indian" or "peon," according to the class, to the pure-blooded native) in this respect. The old hereditary traits of the Latin race will crop out, even mixed with other blood and transplanted to

And this reminds me that the stranger should be very careful about counterfeit coin. The country is flooded with it. Have no hesitancy about examining carefully each coin given you. no matter where, and you'll not have the experience of the writer, who has in his trunk some \$10 which was given him at various times in the capital and which is said not to be "coin of the realm." The Mexican will set you an example of carefulness in this regard and examines your dollar or fifty-cent piece every

In Mexico City there is one elevator (of course I am not referring to such articles as pulque or tequiia) and that is in the Iturbide. It actually runs twelve hours-between 10 a.m. and 10 p.m. As there are no hotels, however, more than two or three stories high this makes

The city has electric lights, but no gas, Candles are the general illuminators, but lamps may be had. The telephone, bicycle and typewriter have made their way to a very limited extent. The former is used only till about dark and the "central" is feminine and Spanish speaking. An American traveler trained only in college Spanish and talking through the phone in a thunder storm must be inter-

esting to the other end of the line. CLANGING OF CHURCH BELLS. One of the most annoying features of Mexico—less so in the capital than in the province towns-is the incessant clanging of the many Catholic church bells. Formerly it is many Catholic church bells. Formerly it is said to have been unbearable, but the law has recently taken note of the nuisance and decreed that each bell can only be rung for a certain number of minutes at a time. Each church havever seems to hold constant server. church, however, seems to hold constant service and jangles its bells at intervals of every

few minutes from early morning service until vespers. Had Juarez, the great reformer, no other casus beili against the clergy than this any foreign sufferer would still have held his treatment of it justifiable.

It is to be feared that in the capital itself but little reactionary sentiment has taken place in favor of the church and some day popular wrath will suppress this "outward sign of spiritual grace." Pat could surely never have been to Mexico.

THE POLICE SYSTEM of the city is excellent. The force is well uniformed, vigilant, courteous, and one patrolman is stationed on each block. At night they can be found at once, as the position of each | Transcript.

man is indicated by a lighted lantern placed before him in the middle of the street. For a description of what to see in the city refer to the guide book. It gives details of cathedrals and pictures and points of interest in a far more satisfactory way than they could be written up in a rambling sort of a sketch



It will be well, before leaving the states for a visit of pleasure to the republic of Mexico, to read up one or two of the works referred to in the first paper of this series—i. e., one of the books of Rice-Bulkley, Griffin, Bishop, Brocklehurst, or Nellie Bly; but it must be remembered that none of these writers spent more than a very short time in Mexico and that all of their impressions and statistics are not strictly accurate. Mr. Bulkley-Griffin wrote his book on Mexico after a month's stay, I am told, and a very intelligent book it is, even with its errors. Mr. Bishop, an equally close and more humorous observer, makes mistakes equally great. The so-called "Civil Code" which he discovers, for instance, is not the civil code at all, but "The law affecting the relations of foreigners," and it appears in his book after many of its clauses have been repealed. In another place he speaks of the quaint humor of a Mexican colonel with whom he traveled, and who would always ask for a couple of eggs as "dos blanquillos." Bishop seem to think this original humor on the part of the colonel and says his phrase can only be translated as "two little white 'uns." The colonel was not humorous; "blanquillos is the word for eggs among nearly all the Indians of the western coast. Local differences of speech like this are numerous, the word "turkey," for example, being translated by four different words in four different parts of

the republic. "Nellie Bly" makes more errors still. Her explanation of the word "gringo"—a familiar native designation for the American—is absurd. Instead of attributing its origin properly to the "green coats" of a Kentucky regiment stationed in Mexico during the war of '46-47 she says it came from the popularity of the song, "Green Grow the Rushes, O," in the American

Mr. Brocklehurst is worse than this, for he knowingly deceives the innocent reader. Look at his picture of Mexico, with Popocatapetl towering to giant height above it, and then look on the actual scene and see the discrepancy. Bishop says that Brocklehurst laugh-ingly confessed to him while sketching in the mountain that he was not considering nature



But the most important preliminary of all is the necessity of acquiring some knowledge of rusty knowledge. It will aid you vastly to do this, despite what may be said about the lan-guage 'not being learnt from grammars or dictionaries.' Of course it isn't; but the assistance they give to intelligent people affords them an immense advantage over those who acquire it merely as a sponge does water-by passive absorption. Velasquez or Ollendorff, with a dic-The last little book has the advantage nation. of dealing in Mexican Spanish-which often differs in meaning and pronunciation from the

cott's Fictions on the Conquest; scan your History of the Mexican War and know a little something of the events of the "French Intervention," and you are armed cap-a-pie with all the knowledge necessary to make you an intelligent traveler in our fast-growing sister S. C. ROBERTSON.

Written for THE EVENING STAR. Columbia's Choice.

There's a murmur and stir in the garden bed, A contest troubles that peaceful nook; Pink and white and yellow and red Shake their bright heads with an anxious look.

Who shall win in the coming choice? Who be borne on the nation's shield? Who will come at Columbia's voice From mountain or brook side, from valley or

Whom will she place in her girdle strong When she gathers her children for fun or fray? Who will bloom in the festal throng, Wreathing her banners with bud and spray?

Shivers to think of the surging crowd; But sturdy Daisy would fain compete And the gaudy Sunflower laughs aloud!

The Violet shrinking beneath her shade; The Water Lily, whose vestal charms Would shame a nation for strife arrayed.

That national honors so warmly crave: Among the proudest the sunny plumes Of the Golden Rod serenely wave.

"Peace, rash blossoms!" Columbia cries. "Nor like humanity waste your powers. Shall we for an emblem spoil our eyes When all the flowers on earth are ours?

"The Lily of France and the English Rose, The Shamrock, the Thistle (that strange device!) The German Corn Flower and, from the snows, The Switzer's Alpine Edelweiss.

And mingle sprigs of the Northern Pine. Who dares question my honest pride In this bright cluster and all are mine!

"Quarrel who will for a single flower, No lance I break in a needless fray: The sweets of earth are Columbia's dower; She wears on her bosom the whole bouquet."

-M. A. MCMAKIN. WASHINGTON, D.C., September 5, 1889.

The Best Things to Drink. A Physician in Philadelphia Press.

If a man must drink, the best thing he can

take with his meals is a little claret or light Rhine wine, and if he wants something a little stronger pure Scotch whisky is the best thing he can have. The habit of taking a drink early in the morning-I mean by drink a cocktail or stimulant of that kind commonly called an eyeopener—is one of the wort things that can possibly be done. The effect of alcohol is to inflame the stomach, and it will do this even when diluted with food or anything else, and will do so a great deal more when taken on an empty stomach early in the morning. Men should not maintain their strength throughout the day by taking stimulants. To keep up by means alcohol is very bad, and by and by the system will break down entirely under it. up the system than any other article. Early in the morning the best drink to take is water. That is if one must drink; but if he can get along without drinking so much the better. Some drink hot water, some cold, and some hot and cold milk. All of these are good in their way. Tea and coffee drunk in moderation will not have a system. not hurt anybody, although they are both

Mrs. A.—"What a pleasant person Mrs. Greene is to visit! She always receives one so courteously, you know."

Mrs. B.—"Why, that's the only reason that I do not call upon her. It is a sign of vulgarity, don't you know, to appear so pleased to see visitors. It looks as though you were not in the habit of receiving company."—Boston IN THE FAR EAST.

and its People.

THE PORT OF HAIPHONG-IMITATING THE FRENCH-THE CAPITAL TOWN AND ITS PEOPLE-A NATION OF PIGMIES-TROOPS ON THE RED RIVER-PIDGIN FRENCH-SCENES AND INCIDENTS.

From THE STAR'S Traveling Commissioner.

HAIPPONG, TONGRING, July 1, '89. The little Marie hails from Apenrade, wherever that is. It is one of the curious and significant facts of the far east that to get to a French possession there you must go in either an English or a German boat, with the single exception of the Messageries Maritimes. So as soon as we have crossed the restless Gulf of Tongking and are in sight of a low-lying green and evidently fertile country, wholly different at first sight from the rocky and forbidding coast of China, Capt. Hundewadt hoists the German flag and the pilot comes off. There are two bars, one hard, which must not be touched, and the other soft mud. upon which one can rush at full speed and either get over or stick, as the case may be. We stick.

OFF HAIPHONG. Within gunshot of us, as we lie in the mud, is a large white European house, built on the point of an elevated promontory. It is the summer house Paul Bert built for himself just before death put an end to all his plans and ambitions for Tongking. It has never been occupied and the government is now thinking of turning it into a sanitarium for the force near the coast. Once over the bars we steam a mile or two up the river, past half a dozen oddlooking river gun boats and drop anchor off Haiphong. This country has been visited by no foreign journalist since Messrs. Colquhoun, Cameron, Scott and Col. Gilder followed the French troops here in 1884, and things have changed a good deal since then. Haiphong is now a pretty little town, with excellent, broad streets, planted with trees on each side, with spacious ware houses and solid wharves, with one boulevard of extensive shops, many pleasant bungalows and

AN ASTONISHING HOTEL.

A club is building and at 6 o'clock the hotel cafe holds a hundred people, taking their preprandial drink. To see them it is difficult to realize that you are at the other end of the earth from Paris, and I have never come across better illustration of the saying that a Frenchman takes France with him wherever he goes. The business part of the town consists of several crowded streets of Chinese houses, and the native town, which is miserable and very dirty, lies on the other side of a narrow creek. There is an excellent bi-weekly paper, Le Courrier d'Haiphong and almost every characteristic of a French town, including the duel, which flourishes greatly in Tongking. Not a little money and much intelligent labor have been expended to transform the original malarious swamps into this bright and pleasing little town, reminding one of Algiers, with its broad green and white streets and blazing sunshine. But I fear that both the labor and the money must be looked upon as little better than wasted. For the moment, however, I am only trying to picture the country as it is. UP THE RED RIVER.

There is nothing to detain one in Haiphong. An afternoon is enough to see it all. So next morning at 8 I go on board a big, powerful twin-screw steamer, Le Tigre, for the trip to Hanoi, the capital and largest town, upward of a hundred miles up the Red river. The navigation is extremely difficult in places, owing to the mud banks and sharp turns, but the twin-screw and the Chinese pilot between them manage every twist but one. There is no European captain, only a purser, and the Chinaman is apparently in sole command. A stack of Snider rifles stands in the satoon and a plate of half-inch iron is suspended on each side of the pilot and the two men at the wheel, completely shielding them from bullets fired from the shore. We have a capital breakfast, and a charming French priest in Chinese dress and pigtail who is returning to his inland station in China via Tongng tells us string after string of a and incidents of his work among the Celestials. For hours the trip is monotonous. The banks are flat, the country is always green and fertile, the water buffaloes wallow in the mud, enormous flocks of teal rise in front of us every few minutes and I divide my time between Pierre Loti's "Propos d'Exil" and Pere Grandpierre.

A DIVERSION COMES. It is a little post of soldiers, half way between the seaboard and the capital. The steamer comes slowly alongside the high bank, a plank is thrown out and the garrison invites us on shore. They are an officer, two non-commissioned officers, half a dozen privates, and about fifty native troops. The post is a strongly stockaded little place a hundred yards from the river, well able to keep off any ordinary attack. But the garrison is a sor.y-looking The officers are in pajamas and the men's old thick blue and red French uniforms are only recognizable by their shape, nearly all the color having long departed. Their coats are patched, their trousers are torn and ragged, their boots are split. As for their faces, anæmia of the most pronounced character is written plainly across them. I have never seen such a ragged and worn lot of soldiers. I wonder whether this is a necessary feature of the difficult occupation of all savage countries, and whether I shall find the same state of things among the English troops in Upper Burmah. If so, I pity them beforehand. The arrival of the daily steamer is the only distraction of the little force and they were profusely grateful for a bundle of illustrated papers. We also gave them a little more diversion by running aground just opposite their post when we left.

AT HANOL The steamer reaches Hanoi at midnight. The only hotel is closed, vigorous hammering at the door produces no effect whatever, and I am bediscovered six "boys" sleeping sounder than I symptoms of an intention to finish their nap as they lay piled up on one another, he fell to work on the heap with his cane so vigorously that he soon had them scampering all over the room like a nest of disturbed rats. "Tas de co-chons," he said, and resumed his homeward

A STRANGE CAPITAL. Like every city of the far east, so far as my experience goes, Hanoi is less interesting than you expect. The foreign town, of 439 inhabitfigured by a narrow, irregular tramway running down the middle and carrying military stores all day long. There is a small lake in the center of the city, with a curious islet and pagoda, that gives one pretty point of view, and the ride around the walls of the citadel, a square mile or so of inclosed land, is interesting for once. And the "Pont de Balny," where the ill-fated Riviere met his fate so wretchedly on the afternoon of May 19, 1883, with the tiny pagoda just behind it where the brave Balny disappeared, is historically impressive if one has the whole story of that day in mind. But Hanoi makes a poor showing as the capital of Tongking. The Hotel Alexandre is the worst I ever set foot in, bar none. The monuments are second to those of an ordinary Chinese

THE ADVENT OF THE FOREIGNER has killed native art and handicraft, without contributing anything to replace it. You may walk the length of the "Rue des Brodeurs" without finding a piece of embroidery worth carrying home. There is a "Rue des In-crusteurs," named after the workmen who inlay mother of pearl into ebony, but I spent half a day there before picking up a decent piece, and that was made before the French were thought of. The native metal work, that sure test of the art tendencies of an uncivilized people, has vanished with their independence. Even the governor general apologizes for his surroundings. "I shall be able to receive you better," he says courteously, "when you come to Saigon." But there is this compensation for Hanoi as compared with Haiphong. The for Hanoi as compared with Haiphong. The faster Tongking prospers the faster will Haiphong decay; while Hanoi always has been the capital, and nature has so placed it that it always will be, and the two will prosper, if at all, together.

eat too many sweets, but they are a sweet-eating people."

are always stained a slobbering, fifthy red with the areca nut and lime they chew unceasingly, and they are stupid beyond the power of words to tell. Whether it is the fault of their conquerers or not I cannot say, but eat too many sweets, but they are a sweet-eating people."

First Doctor—"I hear you treated my neighbor for typhus fever. Was it a bad case?"
Second ditto—"Very bad; the man never paid his bill."—Offenbacher Zeitung.

A Description of Strange Tongking they appear to be a people destitute of the sense of self-respect. At any rate the French treat them as if they had none. The first time I went into dejeuner at the hotel at Haiphong one of the "boys" had left a dirty plate on the little table to which the host showed me. "Qu'est ce que tu fais, toi?" de-manded the latter pointing to the plate, and smack! a box on the ears followed that you could have heard fifty yards off. And this in the middle of a crowded dining room. You would no more think of striking a Chinese servant like that than of tweaking a policeman's nose on Broadway. Before a French man an Annamite appears to have no rights.

> BOTH MEN AND WOMEN IN TONGKING wear their hair long and twisted up into a kind of chignon on the top of the head. It is, of course, always lanky and jet black. Their dress is of the most simple. The men wear s loose jacket and short trousers and the wome a long straight shift reaching from neck to heels. The Annamite man is a very poor creature, and it is only among the upper classes that one sees occasionally a well-formed or handsome face with some elevation or dignity of expression. The women are much better looking and would often be pretty except for the stained mouth and teeth, which render them horrible to a European eye. But in figure they are much the most favored of any I have yet seen in the east, and in the course of a walk in Hanoi you may meet a dozen who are straight enough and strong enough and shapely enough to serve as a sculptor's models. Their native dance is a burlesque of the Japanese, to the accompaniment of a fiddle six feet long. The few women you see with clean mouths and white teeth are almost sure to be the mistresses of Europeans.

THE LANGUAGE OF THE PEOPLE. The most curious of the surface impression

of Tongking is the language you must learn to talk with the natives. Your ear becomes familiar with "pidgin English" before you have spent a day in the east, and a horrid jargon it -convenient, no doubt, but growing positively repulsive after awhile. But "pidging French," or "petit negre," as it is called comes as a complete surprise. And it is all the fun-nier because of the excellent native pronunciation of French. "Petit negre" is characterized, as compared with French proper, by four features—omission of the auxiliary verbs, ignoring of gender, employment of the infinitive for all moods and tenses, and absence of words taken bodily from the native, like "maskee," "man-man" and "chop-chop" in pidgin. The one expression which recurs again and again with an infinity of meanings is "y-a-moyen" or "y-a-pas moyen." And after this comes "fili" for "fini" nearly as often. The "you savvy" of pidgin is "toi connaitre?" The "my wantchee" is "moi vouloir." The native servant is everywhere called by the English word "boy," pronounced "boy-ee," in two syllables.

ENRICHING THE LANGUAGE. And the language is further enriched by number of words recalling the nursery, like 'pousse-pousse," for jinrikisha, "coupe-coupe," for a big knife, and so on. "Beaucoup" does duty for "tres" and "bien," so one is constantly hearing sentences like these: "Moi beaucoup vouloir avoir sampan," "Soupe beaucoup mauvais-moi donner vous beaucoup bambou, and "Toi beaucoup imbecile." "Petit negre is of course much younger than "pidgin;" for one person who speaks it a hundred thousand speak the latter, and it is not capable of plished speaker of pidgin can soar. Nor will it ever become what pidgin has long been—the vehicle of communication between vast numbers of people otherwise acquainted with only score of different dialects and tongues. I m add here that "Tongking" is the same word as "Tokyo," meaning "eastern capital," and that the former is the only correct spelling to express the Chinese sounds. "Tonquin" is absurd, either in French or English. In my next letters I will describe my visit to

the Chinese-Tongking frontier, where I believe only one Englishman and no journalist has yet been, and where we spent a night in the midst of pirates, and will give the conclusions I have arrived at concerning the future of this vast French possession. HENRY NORMAN.

WHAT PEOPLE SHOULD EAT. Views of Doctors on When to Eat and the Proper Kinds of Food

From the Philadelphia Press

What to eat is a question that troubles everyone more or less. Several doctors who have been talked to on the subject of eating lately agree that a man ought to be able to eat anything that he fancies. One doctor said that a man's digestive organs ought to be in such condition that he could eat shingle nails. They attribute dyspepsia not so much to eating wrong kinds of food as from eating too hurriedly and paying too little attention to their meals when they are eating and letting their minds wander away to business and other subjects of the day.

Dr. Alexander Lambert, house surgeon a Bellevue hospital of New York, has given some attention to the subject of eating. He

"I think the trouble with people in this country is that they overeat. They don't eat so often as the Frenchman or the Englishman, but when they do eat they usually partake of a large variety of food and eat it as hurriedly as they possibly can in order that they may be kept from their business as little a while as possible. In this way they overeat. If they haven't time to sit down and eat an elaborate dinner slowly and carefully then the best thing they can do is to eat a small, plain meal, which they could easily do in the time that they devote to their elaborate dinner and from which they would derive a great deal more benefit.

WHEN AND WHAT TO EAT. "I think that the best time for one to take breakfast is between 7 and 8 o'clock in the morning. Dinner should be had at about 1 o'clock if possible; that is, if time can be spared at 1 o'clock to eat the meal properly. If not, a light luncheon should be had at 1 o'clock and ginning to contemplate the prospect of spending the night in the street when a jolly captain of artillery comes past, evidently fresh from a conditioner, shows me a back way into the street when a jolly captain of artillery comes past, evidently fresh from a an orange or a cracker is all that I want to eat that time. I think as a rule families of the of artillery comes past, evidently fresh from a good dinner, shows me a back way into the hotel, and even accompanies me, because, as he explains, I probably do not yet know how to he explains, I probably do not yet know how to better class eat very sensibly. They eat usually plain, substantial food, which is prepared in a simple way and not spoiled by being made up into fancy dishes and highly seasoned. ever saw human beings sleep in my life on a lable in the dining room. With one shove he pitched the whole lot in a heap on the floor, and as they even then showed unmistakable labeled in the dining room. With one shove he pitched the whole lot in a heap on the floor, and as they even then showed unmistakable labeled at his desk and in his office all day should be careful what kind of a breakfast he

eats. It should not be too heavy.
"Such a man should eat very little oatmeal, as oatmeal is heating. He might eat lightly of steak, chops, weak coffee, milk and fruit. A laborer, or one who is engaged in physical and manual labor can eat heartily of oatmeal, bread and butter, meat, eggs, coffee and almost anything that is strengthening. In the middle of the day the laboring man should have his dinner. The busy man who is down town must take time to have a light lunch. The habit ants, is little more than one street, named, of course, after Paul Bert, and even that is disfigured by a narrow, irregular tramway running seem to do any harm just now; but by-and-by the effect will be very serious. When this man has got through with his day's work and his mind is at rest he should eat his heaviest meal of the day, his dinner. He should eat it carefully and slowly, and pay attention to what he is eating and to his meal generally. It is a mis-take for men to attempt to eat any meal and to read at the same time.

"Don't go to bed hungry. If you have been to the theater or out late eat a light meal before you retire. Highly seasoned foods ought to be generally avoided. Sweets should not be eaten as much as they are. They hurt the digestion and spoil the appetite. Fruits and salads should not be taken too frequently. Eat more vegetables and less meats. EAT ANYTHING YOU FANCY.

A lady physician thinks that everything that is eatable ought to be eaten. She said recently:

that one should eat just what his stomach is strong enough to digest, and that should be in such a condition that he could take shingle nails without much trouble. I think Americans eat the right kind of food. Americans are great fruit eaters. In this they are highly commended. Good ripe fruit is always beneficial and a particularly good time. ficial, and a particularly good time to eat fruit is before breakfast in the morning." Dr. John T. Nagle of the bureau of vital statistics, New York, is in favor of a pretty

liberal diet. He attributes a great deal of the dyspepsia and nervousness, though, to Ameri-cans eating too highly seasoned food. Another physician agrees with the view that the Ameri-"Indigestible foods are hard to be specified.

because what some people digest easily others cannot. An indigestable article of food is boiled A NATION OF PIGMIES.

So far I have said nothing about the people Yet there is much to say. After China, with its hundreds of thousands of great, brown coolies and its slim ones, who will walk all day up hill under burdens that would break down a European athlete on the level, the Annamites strike you as a nation of pigmies. Their average height must be under five feet, they are narrow-chested and thin-legged, their mouths

Written for THE EVENING STAR.

ATTRACTIVE HOMES. A New Use for Denim, Generally Called Blue Jeans.

BED BOOM EFFECTIVELY FURNISHED WITH DE-NIM -THE WOODWORK AND FURNITURE - A SMALL OUTLAY, BUT SATISFACTORY RESULTS-ABTISTIC EMBROIDERY-CUSHIONS, ETC.

It has long been a cherished scheme with

me to furnish a room, using blue denmi whereever it could be made effective. Now that I have carried this out an account of the result may be of interest to some home workers. The room chosen to be beautified by this humble material is a rather small guest chamber. It was handed over to me entirely free from incumbrances of any kind. Even the wood work was in the natural state, with no finish whatever. Here was surely scope for one's taste and fancy to display themselves, but a furnishing kept them from running riot in de- are not tied back. lightful extravagances. Not a little thought was required, for, besides the outlay of money be-ing limited, the room itself was small enough to make care necessary in furnishing. It was easier indeed to tell what could not go in than what could in the way of furniture. In the first place the wood work was to be considered, and I decided to have it painted in two shades of blue, much lighter than the color of the denim but of the dull grayish blue tones, to parmonize with it. It is possible that denim, so lauded by art societies and workers in the THE STAR readers. PLAIN BLUE JEANS.

We therefore at once proclaim it to be "blue jeans," used commonly for the overalls of workmen, but which from its durability and is to be used for embroidery or hangings it is softened by being boiled in water before using and the little fading of the color is considered to be an advantage. To go on, then, with the wood work. After painting it was given that soft finish of enameled white furniture by ruboing with powdered pumice stone. The floor was oiled, with a little burnt umber in the oil, giving it a slightly brownish shade, and then given a coat of shellac. The walls were the next point of attack. A ceiling paper of cream color was selected with a small snow crystal design. For the side walls the paper chosen was of two tones of grayish blue—a pale ground with an arabesque pattern several shades deeper. The frieze was made of the denim, sixteen inches deep, with wooden rod at top and bottom, painted like the lightest shade of the wood work, the lower one to be used for the picture rod. The furni ture I chose in odd pieces, according to my own ideas. The bed is brass, with a balf canopy over the head. This has a plaiting of lenim all around, edged with heavy creamtinted lace.

THE CANOPY. A single width of the goods edged with the lace hangs from the canopy on each side and is the circulation of the blood. looped back with cords and tassels. The bed spread is of the denim, embroidered in heavy cream-colored linen floss in a pattern which It is better to be too thick than too thin, nearly covers it. Very large flowers are powdered over the center and lines inclose a order in which is a band of the same flowers with the lines cutting some of them in half. The centers of the flowers are filled in with lace stitches in pale blue silk, while an outline of the pale blue defines the flowers, leaves and stems throughout the design. The scarf which covers the sleeping pillows in the daytime is of white linen with hemstitching all around and a monogram embroidered in the center. There s deep lace on the ends which nearly touch the door on each side. The second and larger pair of pillows has handsome linen cases with hemstitching, monogram and lace, like the scarf. No colored decoration can take the place of white pillows on a bed, nothing else being so suggestive of freshness or so attractive. WASHSTAND AND BUREAU.

a triumph has been achieved. I made a simple drawing of what I wanted, very plain in form, with no ornamentation, and took it to the manufactory where white bed room furniture is made. With my design to show what I wished I was able to be completely suited. A plain, rather small chiffonier was made with the enamel finish, out in two shades of pale, gravish blue, like the wood work of the room The brass handles and color suggest its relation to the bed, and it is charming in appearance. While waiting for it to be made I had time to embroider a scarf for it of white linen, with small flowers powdered over the ends, which hang down half a yard on each side. The flowers are in soft tones of old pink silks and cream lace inishes the ends. The washstand I had made to correspond with the chiffonier, having the top projecting at the ends and a brass rail at the back, on which I shirred blue and white batiste in India silk design. Finding it impossible to get a toilet set with anything like right blue to look well with the denim I bought one with old pink decoration, in which coloring so many pretty ones can be found. The scarf for the washstand has simply a little drawn work and fringe in the way of decoration, this being most satisfactory for the frequent washing required.

THE TOILET TABLE was perhaps my pet idea in the room and I I dispensed entirely with curtains, draping the mirror, as the denim seemed too clumsy for the purpose and the mirror was to be too pretty to be concealed. In the first place I bought a warry cream white silks. These were conventionalized in form and arranged in groups, some overlapping each other. When this was done I made it into a broad band, which was put bove the mirror and framed with it, the whol being nearly square by this addition. The frame I had made five inches wide and beveled on the outer edge. It was painted in the lightest blue shade of the wood work, and a small blue bar crosses where the embroidery and glass join. On each side of the frame was fastened a brass sconce which holds each a wax candle. The mirror is hung flat against the wall, with a draped table beneath. The foundation is a small kitchen table, which is covered on top and hung with curtains of the denim. This material has endless wear in it and is improved with every washing it gets; so, suitably decorated, it is worthy of having a good deal of work put on it. Accordingly I embroidered flowers on it with the cream linen floss. These are well becomes filled with the surplus polish, which rubs off so easily, and is then ready to impart a scattered and rather large, so as not to have the effect lost in the folds of the curtains. A frill of cream lace finishes the curtains at top, and with a linen scarf just the size of the table, with no decoration in color but a good bit of drawn work on it; the whole has a very pretty effect. Of course the usual LITTLE CONVENIENCES FOR A GUEST

are to be found here. A tall, round pin cushion, with blue plush top and full frill of blue India silk around it, is provided for the lace and other fancy pins, while small trays of brass and china give a place for other belongings. A small wooden rocker I undertook to paint myself, and it looked well enough when finished not to feel disgraced by the side of its professionally manipulated brethren. A cover of plain blue denim was put over back and seat, tied on with big bows of dull blue ribbon. I had a Turkish chair, not very large, regularly upholstered in the denim also. This, with a scarf of China silk—cream ground and dull pink blossoms over it—carglessly draped over the back looks. over it—carelessly draped over the back, looks pretty enough to go in almost any room. For books, writing materials, and such things I bought a round wicker table with lower shelf the same size as the top, and also got a small wicker chair to match, both painted in blue, touched up with gold. For towels I hung up near the washstand two large brass rings, attached to a brass chain, while a set of the bars, screwed to the wall lower down, give further ecommodation in this line. A small alcove at on side of the room gave me a chance for a

A HOME MADE DIVAN. I wanted a divan, and as my capital was be

ing exhausted rather faster than I could with

height for a comfortable seat. I then made a plaiting of the denim, with which I concealed the sides of the box, also a loose cover for the mittress, and over this I spread the only Turkey ag I had to bestow on the apartment. The color predominating in the rug is soft old pink and the effect is very pretty. The divan nearly nlis the alcove, and I pushed it close to the wall in one corner, where I piled several pillows for the comfort of the lounger. One large one is covered with the denim plain and a smaller one with denim embroidered in cream lin in floss with an all-over design of arabisques, which I adapted from the wall paper. The other two cushions are covered with India

silk, one in light dull blue figured and the other in plain old pink. If desires openly expressed before one's friends have any effect on Santa Claus' proceedings Christmas will add several more to the collection—down preferred and decorations not dictated.

AN EMBROIDERED BUG. Back of the divan on the wall I fastened a rug, both as a background to the pillows and as a protection to the paper. The rug itself is of dull blue ingrain carpeting with a slight embroidery on each end of old ink and cream color in Smyrna wools. The pattern I drew with French chalk as I worked, for it rubs off too easily to draw much at a time. The idea is Japanesque-leafless branches with numerous

ossoms-very quick and effective work. The ends of the rug were hemmed first, the hem then cut in half and raveled, thus making a double fringe. This is fastened with a few large brass-headed nails. Above it on the wall is hung a bracket lamp for convenience in reading, with a deep fall of cream lace as a shade over the globe. There are two windows in the room, both treated quite simply. The sash curtains are of the cream-white tamboured rather moderate sum to be expended for the muslin, which now comes for the purpose, and THE OUTER CURTAINS

are of denim, edged with cream lace like the bed hangings, and are tied back with dull blue ribbons. The rods are of brass. On the floor by the bed I put a Japanese goatskin rug, for I could not resist the softness and the creamwhite color, though I know from experience the hair comes out in a most trying manner. Still the use is not constant in a guest room and with particular directions to the maid to double the rug half back when she is making past few years, may be unknown to some of the bed I hoped the occupant would not be annoyed by its presence. A Japanese cotton rug with blue in it and two large rugs of the blue ingrain merely fringed make up the floor covering. The small shelf which takes the place of a mantel I draped with three yards of workmen, but which from its durability and India silk in careless looping and folds and other virtues has been dignified into an "art back of it hung a curtain of dull blue plush on Another preliminary is that where it a small brass rod. Tall brass candlesticks used for embroidery or hangings it is and a china basket for flowers are the only ornaments. With a few small water colors on the walls framed in gilded oak—the cost of these not included, however, in the furnishing fund!-my inventory ends. I knew for some time before the room was given into my hands that I was to have the planning and furnishing, so had time to do the embroidery and had it

HOME MATTERS.

ready when I took possession.

PRACTICAL SUGGESTIONS TO INDUSTRIOUS HOUSE-KEEPERS-HINTS FOR THE DINING BOOM, PAN-

stages of colds. This is an infusion of sage mixed with hot lemonade. THE RIGHT SIDE SHOULD BE THE POSITION chosen for sleep, as it aids both digestion and

AN AUTHORITY SAYS THAT FISH SAUCE should always be thick enough to adhere to the fish.

inflammation and ease the pain.

THE PHYSICIAN IS FREQUENTLY ASKED by lady patients for something that will remove "moth" and freckels. A writer in the Pharm. Zeit, says that a wash consisting of equal parts of lactic acid and glyceriene will do the work and is harmless when applied to the skin.

IT IS A GREAT HELP to have a kitchen table Over the washstand and something to use for covered with a piece of zinc, smoothly rolled p.m., stopping at all stations on Metropolita for For Frederick, 16:45, 110:30 a.m., 13:00 a bureau I spent some thought and feel that over the edges. It saves the time and labor spent in continually scouring the table, for it can be thoroughly cleaned in a few seconds by wiping it with a wet cloth.

WARM BREAD OR CAKE CAN BE CUT without becoming moist and heavy, if the knife, a thin, sharp one, is dipped into boiling water, wiped quickly and the bread cut immediately, before the knife has time to cool. A napkin should be laid double on the plate where the warm slices USUALLY, WHEN ANY FOREIGN OR POISONOUS

MATTER has been swallowed, the first indication is to produce emesis. If you have no sirup ipecac in the house add a little mustard and salt to lukewarm water and make the child drink considerable. It is one of the promptest, easily obtained emetics known. THE QUALITY OF TABLE SALT and its tendency to pack together in cruets and containers may

be entirely overcome by thoroughly drying the salt and intimately mingling with it a small percentage of dry corn starch and arrow root. From 8 to 10 per cent is amply sufficient for the most humid atmosphere, while a much less percentage of the starch is sufficient for ordinary use.

FOR CLEANING SILVER, take one-quarter pound of salsoda, add to this four quarts of water; when at a boiling heat dip the pieces of meant it to be as pretty as it could be made, silver ware in it and immediately after wash them in soap suds and wipe dry with a piece of cotton flannel. This is an excellent method. and very little elbow grease is required to

WHEN WASHING WINDOWS dissolve a small good-sized looking glass, rectangular in shape and without a frame. I then embroidered on dull blue satin sheeting chrysanthemums in glass is dimmed with smoke or dirt. Do not

rubs off so easily, and is then ready to impart a a gloss whenever it is needed. Another plan is to use old newspapers to rub off the stove instead of a brush. In mixing stove polish use vinegar and a teaspoonful of sugar. To brighten the nickel plating, rub it with whiting and kerosene, using a woolen cloth, or rub it with a woolen cloth and flour. If the mica in the stove door has become discolored with smoke it can be easily cleaned by washing it with vinegar.

A STEW USUALLY HAS VEGETABLES and dumplings cooked with the meat. A haricot flavored with wine. A salmi is a stew of game. A chowder is a stew of fish. A fricasee is a form of stewing where the meat is fried or browned in fat, either before or after stewing, and is usually served without vegetables. A potpie is a stew with the dough put on as a crust. Braising is a form of stewing usually done in a covered pan in the oven. It gives a richer, stronger flavor than that obtained by stewing over the fire. MRS. CLARK ASKS FOR A RECIPE for making

clam soup and clam chowder. Clam soup is not so nutritious as the uncooked juice but it is more palatable, though many prefer the juice eaten with the clam with suitable condiments. To make the soup boil juice of clams; make a little drawn butter and mix with the juice; stir till it boils; chop up clams and put them in; season to taste with pepper, salt, and a little lemon juice; cream or milk and crack-ers are to be added; nutmeg if desired. Boil over slow fire for an hour and a half. But the ing exhausted rather faster than I could with my ingenuity had to supply its place to some extent. Fortunately for me there is a garret where I can prowl at times for hidden treasure in various forms. There I went when the desire for a divan took possession of me. Packed away with other belongings of by-gone helps. away with other belongings of by-gone babyhood was a crib mattress of good size, filled
with soft curled hair. I appropriated it at
once, and going to a dry goods store I got a
packing box of the same size and of the right
height for a comfortable seat. I then made a
plaiting of the denim, with which I concealed
the sides of the box, also a loose cover for the

RAILROADS.

THE GREAT
TO THE NORTH, WEST, AND SOUTHWEST.
DOUBLE TRACK. SPLENDID SCENERY.
STEEL RAILS. MAGNIFICENT EQUIFMENT.
IN EFFECT SEPTEMBER 9, 1889.
TRAINS LEAVE WASHINGTON, FROM STATION
CORNER OF SIXTH AND B STREETS, AS FOLLOWS:
For Pittsbury and the West, Chicago Limited Express
of Pullman Vestibuled Cars at 9:50 a.m. daily;
Fast Line, 9:50 a.m. daily to Concinnati and St.
Louis, with Sleeping Cars from Pittsbury to Cincinnati and Harrisburg to St. Louis; daily, except
Saturday, to Chicago, with Sleeping Car Altoons
to Chicago, Western Express, at 7:40 p.m. daily,
with Sleeping Cars Washington to Chicago and St.
Louis, counceting daily at Harrisburg with through
Sleepers for Louisville and Memphis. Pacific Express, 10:00 p.m. daily, for Pittsburg and the
West, with through Sleeper to Pittsburg and Pittsburg to Chicago.

BALTIMORE AND POTOMAC RAILROAD.

West, with through Sleeper to Pittsburg and Pittsburg to Chicago.

BALTIMORE AND POTOMAC RAILROAD.

For Kane, Canandaigus, Rochester and Niagara Falls daily, except Sunday, 8:10 a.m.

For Eric, Canandaigus and Rochester daily, for Buffalo and Niagara daily, except Saturday, 10:00 p.m., with Sleeping Car Washington to Rochester.

For Williamsport, Lock Haven and Elmira, at 9:50 a.m., daily, except Sunday.

FOR PHILADELPHIA, NEW YORK AND THE EAST, 7:20, 9:00, 11:00 and 11:40 a.m., 2:50, 4:10, 10:00 and 11:20 p.m. Limited Express of Fullman Parior Cars, 9:40 a.m. daily, except Sunday, and 3:45 p.m. daily, with Dining Car.

FOR PHILADELPHIA ONLY.

car. FOR PHILADELPHIA ONLY.

Fast Express 8:10 a.m. week days and 8:10 p.m. daily.
Express 2:10 p.m. daily. Accom. 6:00 p.m. daily.
Express 2:10 p.m. daily. Accom. 6:00 p.m. daily.
For Boston, without change, 2:50 p.m. every day.
For Brooklyn, N.Y., all through trains connect at
Jersey City with boats of Brooklyn Annex, affording direct transfer to Fulton street, avoiding
double ferriage across New York city.
For points on Delaware division 1:17 p.m. week days.
For Atlantic City, 9:00, 11:00, and 11:40 a.m. week
days 11:20 p.m. daily.
For Baltimore, 6:35, 7:20, 8:10, 9:00, 9:40, 9:50,
11:00 and 11:40 a.m., 12:05, 1:17, 2:10, 2:50,
3:45, 4:10, 4:20, 4:40, 6:00, 7:40, 8:10, 10:00 and
11:20 p.m. On Sunday, 9:00, 9:05, 9:50, 11:40
a.m., 2:10, 2:50, 3:45, 4:10, 6:00, 7:40, 8:10,
10:00 and 11:20 p.m.
For Pope's Creek Line, 7:20 a.m. and 4:40 p.m. daily,
except Sunday.
For Annapolis, 7:20 and 9:00 a.m., 12:05, 4:20 and
6:00 p.m. daily, except Sunday, Sundays, 9:00
a.m., 4:10 p.m.

6:00 p.m. daily, except Sunday. Sundays, 9:00 a.m., 4:10 p.m.

ALEXANDRIA AND FREDERICKSBURG RAIL-WAY AND ALEXANDRIA AND WASHINGTON RAILWAY.

For Alexandria, 4:30, 6:35, 7:45, 8:40, 9:45, 10:57 a.m., 12:04 noon, 2:05, 4:25, 4:55, 6:01, 6:21, 8:02, 10:05 and 11:37 p.m. On Sunday at 4:30, 7:45, 9:45, 10:57 a.m., 2:35, 6:01, 8:02 and 8:02, 10:05 and 11:37 p. m. On Sunday at 4:30, 7:45, 9:45, 10:57 a.m., 2:35, 6:01, 8:02 and 10:05 p.m.

Accommodation for Quantico, 7:45 a.m. and 4:55 p. m. week days, 7:45 a.m. sendays.

For Richmond and the South, 4:30, 10:57 a.m. daily, and 6:21 p. m. daily, except Sunday.

Trains leave Alexandria for Washington, 6:05, 7:05, 8:00, 9:10, 10:15, 11:07, a.m.; 1:20, 3:00; 3:16, 5:10, 7:05, 8:00, 9:20, 10:32, and 11:05 p.m. On Sunday at 9:10 and 11:07 a.m.; 2:00, 5:10, 7:05, 8:00, 9:20, and 10:32 p.m.

Tickets and information at the office, northeast corner of 13th street and Pennsylvania avenue, and at the station, where orders can be left for the checking of basyage to destination from hotels and residences. CHAS. E. PUGH.

General Manager.

General Passenger Agent.

IN EFFECT MAY 12, 1889.

REEPERS—HINTS FOR THE DINING BOOM, PANTRY AND RITCHEN—RECIPES WELL WORTH KEEPING.

IF THE SURFACE OF FINE WOOD CABINETS has grown dull go over it with a very little linseed oil on a soft woolen rag.

LEMON SAGE IS VERY GOOD in the early stages of colds. This is an infusion of sage mixed with hot lemonade.

BALTIMORE AND OHIO RAILROAD.

Leave Washington from station corner of New Jersey avenue and C street.

For Chicago and Northwest, Vestibuled Limitedexpress daily 11:29 a.m., express 9 p.m.

For Pittsbury and Cleveland, Vestibuled Limitedexpress of colds. This is an infusion of sage mixed with hot lemonade. or Lexington and Local Stations †10:30 a.m.

For Lexington and Local Stations #10:30 a.m. For Baltimore, week days, 4:00, 5:00, 6:40, 7:20, 8:30, 9:30 (45 minutes), 9:45, (11:00, 12:00, 45-minutes), 3:25, 4:25, 4:30, 4:35, 5:30, 6:30, 7:00, 7:30, 9:00, 10:30, and 11:30 p. m. Sundays, 4:00, 7:20, 8:30, 9:30 (45-minutes), 3:25, 4:25, 4:30, 4:35, 5:30, 6:30, 7:20, 8:30, 9:30, (45-minutes), 9:45 a. m., 12:90 (45-minutes), 1:15, 2:05, 2:30 (45-minutes), 3:25, 4:25, 4:35, 6:30, 7:30, 9:00, 10:30 and 11:30 p. m. It is better to be too thick than too thin.

COFFEE POUNDED IN A MORTAR and roasted on an iron plate, sugar burned on hot coals, and vinegar boiled with myrrh and sprinkled on the floor and furniture of a sick room are excellent deodorizers.

FOR A SPRAINED ANKLE take caraway seed, pound it, put it in a tin basin with a little water, put it on the stove and stir until it thickens, then bind it on the ankle; it will take out the

4:15, 5:00, 6:30, 7:40, 7:45, 8:00, 10:00, 10:100, 10:100, 11:100 p.m.

For Annapolis, 6:40 and 8:39 a.m., 12:10, 4:25, and 6:30 p.m. On Sundays, 8:30 a.m., 4:35 p.m. Leave Annapolis, 6:40, 8:37 a.m., 12:05, 3:50, and 6:15 p.m. sundays, 8:37 a.m., 12:05, 3:50, and 6:15 p.m. sundays, 8:37 a.m., 4:00 p.m. For Stations on the Metropolitan Branch, 16:45, 10:30 a.m., 11:15 p.m. for principal stations only; 10:30 a.m., 11:15 p.m. for principal stations only; 10:30 a.m., 14:30 and 15:30 p.m.

For flockville and way stations 14:35 p.m. For Gatthersburg and intermediate points, 19:00 p.m., 112:30, 15:35, 111:20 p.m.

For Boyds and intermediate stations, 17:00 p.m.

m., 112:30, '5:35, 111:20 p.m.
For Boyds and intermediate stations, 17:00 p.m.
10:00 p.m.
Church train leaves Washington on Sunday at 1:15 For Frederica, 10:43, 110:50 a.m., 15:50 a.m., 15:50 a.m. Sundays, 1:15 and 13:55 p.m.

For Hagerstown, 110:30 a.m. and 15:30 p.m.

Trains arrive from Chicago daily 11:45 a.m. and 1:55 p.m.; from Chicago daily 1:45 a.m. and 1:55 p.m.; from Pittsbury 7:10 a.m., and 1:50 p.m. and 1:55 p.m.; from Pittsbury 7:10 a.m., and 1:55 p.m. and 1:55 p.m.; from Pittsbury 7:10 a.m., and 1:55 p.m.

NEW YORK AND PHILADELPHIA DIVISION. For New York, Trenton, Newark and Enzabeth, N. J., 4:90, 48:90, 79:50, "12:00 a.m., "2:30, "4:20 and '10:30 p.m. Buffet Parlor Cars on all day traina. Sleeping Car on the 10:30 p.m., open at 9:00 p.m. The 4:20 p.m. train does not stop at Enzabeth. For Philadelphia, Newark, Wilmington and Chester, '4:90, 48:90, "9:30, "12:00 a.m., "2:30, "4:20, "7:90 and '10:30 p.m.

For intermediate points between Baltimore and Philadelphia, 15:40 a.m., "2:30 and 44:30 p.m.

Trains leave New York for Washington, "8:30, '11:90 a.m., '1:30, "2:30, "3:15, "5:00 p.m. and '12:90 mght.

Trains leave Philadelphia for Washington, '4:10, '8:15, '11:10 a.m., '1:35, '4:15, '5:05, '5:43 and '7:30 p.m. NEW YORK AND PHILADELPHIA DIVISION.

\*7:30 p.m. For Atlantic City 4:00 and 9:30 a.m., 12:00 noon and 2:30 p.m. Sundays 4:00 a.m., and 12:00 noon. For Long Branch and Ocean Grove 14:00, 18:00 a. Tor Long Branch and Ocean Grove 14:00, 18:00 a.m., 112:00 hoon; 10:30 a.m., 12:00 hoon; 10:30 a.m., 1Except Sunday; Daily, Sunday only, Except Sunday and Monday. 11.xeqt alongay.

Bagrage called for and checked from hotels and residences by Union Transfer Co. on orders left at ticket offices, 619 and 12:31 Pennsylvania avenue, and at Depot. CHAS. O. SCULL, Gen. Pass. Act. J. T. ODELL, General Manager.

J. T. ODELL, General Manager.

PIEDMONT AIR LINE.
Schedule in effect June 30, 1889.

8:30 a. m.—East Tennessee Mail, daily for Warrenton, Gordonaville, Charlottesville, Lynchburg, Roanoke, Bristol, Knoxville, Charlottesville, Lynchburg, Roanoke, Bristol, Knoxville, Charlottesville, Lynchburg, Roanoke, Bristol, Knoxville, Charlottesville, Lynchburg, Rocky Mount, Danville and Stations 11:24 a. m.—Fast mail daily for Warrenton, Charlottesville, Stations Chesapeake and Ohio Route, Lynchburg, Rocky Mount, Danville and Stations between Lynchburg and Danville, Greensboro', kalegi, Asheville, Charlotte, Columbia, Augusta, Atlanta, Birmingham, Montgomery, New Orleans, Texas and California. Pullman Sleeper New Kork to Atlanta, parlor cars Atlanta to Montgomery, Pullman Sleeper Montgomery to New Orleans. Pullman Sleeper Montgomery to New Orleans. Pullman Sleeper Washington to Chicimati via C. and O. Route.

4:15 p. m.—Daily, except Sunday, for Manages.

quantity of washing soda in the water if the glass is dimmed with smoke or dirt. Do not let the water run on the sash, but wash each pane with a piece of flannel; dry quickly with a soft clean towel and wipe out the corners carefully. Polish with a piece of common chamois skin or newspaper that has been softened by rubbing between the hands.

A Prominent Buffalo Prisician is an enthusiast on the subject of onions. He feeds them to his children daily; says they are the best medicine for preventing colds, and adds: "Feed onions, raw, boiled or baked, to the children three or four times a week and they'll grow up healthy and strong. No worms, no scarlatina or diphtheria where children eat plenty of onions every day."

To Keep the Stove Bright a cloth should be kept on purpose for rubbing it off. When used first on a newly blackened stove the cloth becomes filled with the surplus polish, which

s.m.
Tickets, sleeping-car reservation and information furmshed, and bagyage checked at office, 1300 Pennsylvania avenue, and at Passenger Station, Pennsylvania Railroad, 6th and B streets.

JAS. L. TAYLOR, Gen. Pass, Agent.

POTOMAC RIVER BOATS.

STEAMER JOHN W. THOMPSON FOR POTOMAC RIVER LANDINGS.

Leave 6th-street wharf every SUNDAY, TUESDAY and THUKSDAY at 6 p.m. for Rock Point, Colton's, Leonardtown. Curreoman, Nomini Creek, Kinsale Lodge, Coan Wharves, Smith's Creek, and Raughley, landing at above wharves in the day time.

Fare as far as Nomini, 50 cts.; second-class, 35 cts. Fare below Nomini, 75 cts.; second-class, 50 cts. au14-1m

DAILY NORFOLK LINE.
OLD POINT AND THE SOUTH.
Steamer Lady of the Lake, from 6th at wharf, Tuesday, Thursday, and Saturday, 5 p.m. Steamer Geo.
Leary, 7th-st wharf, Monday, Wednesday, and Friday, 5 p.m. Steamers stop at Piney Point. Fare, \$1.50.
Lake, Tel. call, 94: Leary, 745-3.
my17

POR POTOMAC RIVER LANDINGS.

NEW IRON STEAMER "WAREFIELD"

Leaves 7th-street wharf on MONDAYS, TEURSDAYS
and SATURDAYS at 7 a. m. Returning TUESDAYS
FRIDAYS and SUNDAYS p. m, touching at Rive
Landings as far as Nomini Creek, Va., St. Clements Bay
and Leonardtown, Md. Connects with B and O. R. R. at
Shepherds. See schedule. JOHN B. PADGETT, Agt
C. W. RIDLEY, Manager.

OCEAN STEAMERS.

SHORT ROUTE TO LONDON,

NORDDEUTSCHER LLOYD S. S. CO.

Fast Express Steamers.

To Southampton (London, Havre), Bremen.
Eider, Tues., Sept. 17, 11 a.m.; Saale, Wed., Sept. 18, noon; Ems. Sat., Sept. 21, 2 p.m.; Trave, Wed., Sept. 25, 6:30 a.m.; Fulda, Sat., Sept. 28, 8:30 a.m.; Lahn, Wed., Oct. 2, 11 a.m.

Comfortable state rooms, excellent table, luxurious saloon appointments. Prices: 1st cabin. 875 and upward a berth, according to location; 2d cabin. 850 an adult; steerage at low rates. Apply to E. F. DROOP 925 Penn. ave.

GENTLEMEN'S GOODS.

MERCHANT TAILORING. PALL AND WINTER, '89-'90.

Our own Importations now received, and you are invited to inspect at the well-known house

FAMILY SUPPLIES. FINE WINES. FAMILY GROCERIES.

IMPORTING TAILOR.

Parties returning from the sea shore wishing to hange their accounts are respectfully invited to ex-mine our stock of Fine Wines, Groceries and Cigna. We guarantee to give best value for the money.

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